



**RAINMEN
FLOUNDERING
AS PLAYOFFS
LOOM** {page 24}

**ON PAPER
SHIPBUILDING DEAL
TO BE FINALIZED
SOON: MACKAY** {page 3}



**MODEL INSPIRATION
BOMER HELPS RICE
BRING WEREWOLF
NOVEL TO LIFE** {page 11}



HALIFAX

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Tuesday, February 14, 2012
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News worth
sharing.

Criminals banding together

► Well-known HRM gangs Springfield MOB and North Preston's Finest go back several years, now resurfacing



**JENNIFER
TAPLIN**
@METRONEWS.CA

Quasi-gangs are emerging in HRM, says Halifax Regional Police Chief Frank Beazley.

Beazley told the municipality's police commission on Monday that criminals are coming together and working in groups. However, they

are leaderless and not organized. "It's relatively new," Beazley said in an interview. "It's the latest information that's been shared with me by my enforcement units."

It's a phenomenon that's resurfacing, he noted. More than six years ago, Beazley said three or four groups were fairly active but they eventually stopped and disbanded because they weren't organized.

Emerging groups

- Greystone Gangsters
- YMOB (Young mob)
- Spryfield MOB
- Downie Town Boys
- North Preston's Finest

"I would suspect some of this stuff will stop too, but right now

we're seeing about a half-dozen groups," he declared.

The offences being committed by these groups involve drugs and violent crime.

"They're not the kind of gangs you think of when you go to the movies where you see the Crips and the Bloods. They're groups of young people coming together under a banner and sometimes that ban-

ner is where they live, or some name they've made up."

Last fall, HRP created a drugs-and-gangs unit to target mid-level drug dealers, as they're the ones most likely to be armed, police say. The unit uses intelligence information to identify suspects and then comes up with a plan to disrupt the criminal activity, using other enforcement units to do so.

Drivers. Beware



► A person crosses the intersection by the Macdonald Bridge in Dartmouth during rush hour Monday afternoon. Halifax Regional Police say they're changing tactics to deal with the increase in traffic caused by the transit strike, and that means stricter enforcement of parking laws. Story, page 4.

RYAN TAPLIN/METRO

Transit strike spurs more aggressive ticketing, towing strategy by police



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Access to booze too easy: Chief

JENNIFER TAPLIN
@METRONEWS.CA

HRM drinks too much and Halifax Regional Police Chief Frank Beazley says he has the assault statistics to prove it.

He told the municipality's police commission on Monday there's way too much easy access to liquor in this town. Many people sit at home and drink heavily before going out late to the bar and pounding drinks until 3 a.m.

"If I could take the alco-

hol out of this, I could plummet the number of assaults in HRM," he said.

Beazley added that several of the 3,202 assaults last year involved people getting drunk and going home to beat a family member.

The access, hours the bars are open and the density of liquor establishments downtown combine to cause real problems.

"Why do we need that many bars in that one area of the community that require so many resources to



► Beazley

police it?"

Coun. Sue Uteck, who is on the police commission, said hold on a minute — liquor stores are open late, too.

"If you're going to make a move on the bars, you'll have to make a move at the province at the same time," she said, in reference to Nova Scotia Liquor Corp. outlets.

Later in the meeting, items on the police budget that were previously on the chopping block — horses, bikes, lake patrol, the East End Community Office and Crime Stoppers funding — were saved.

The commission managed to firm up other

Murder rate adjusted

- HRM's record homicide count in 2011 has been adjusted from 18 to 19.
- The new homicide is a vehicle crash from last fall that was recently reclassified as a homicide because there was a charge of criminal negligence causing death.

sources of funding including money from the UN to pay for HRP officers on foreign assignments.

Shipbuilding deal expected soon

► MacKay, Valcourt unveil the Atlantic Shipbuilding Action Plan

ALEX BOUTILIER
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Defence Minister Peter MacKay says it's only a matter of days before Irving Shipbuilding and the federal government sign an umbrella agreement on shipbuilding contracts worth \$25 billion.

At a press event in Dartmouth on Monday morning, MacKay revealed he expects the agreement to be finalized shortly.

"In the coming days, we expect to achieve another milestone: the official signing of that umbrella agreement in full," he said.

Irving and the federal government have been in negotiations since the contract was awarded last October to the Halifax Shipyard. Last month, Prime Minister Stephen

No specifics

- Defence Minister Peter MacKay offered no specifics on when the design work for the Irving ships will be complete, but said work was ongoing.
- "When we'll make those specific announcements will be very much in the hands of Public Works," he said.

Harper came to Halifax to announce a deal had been reached "in principle," but not on paper.

Once the umbrella agreement is finalized, the two sides will negotiate individual contracts for the vessels over the 30-year life of the agreement.

MacKay joined Atlantic Canada Opportunities Agency Minister Bernard



► Atlantic Canada Opportunities Minister Bernard Valcourt, left, shakes hands with Jim Irving, CEO of Irving Shipbuilding, at the Canadian Maritime Engineering Building in Dartmouth on Monday.

point plan to promote opportunities related to the contract.

The Atlantic Shipbuilding Action Plan, an offshoot of the federal government's ubiquitous Economic Action Plan, aims to inform small- and medium-sized businesses

about how they can fit into Irving's supply chain.

The plan will also focus on education and training, as well as promoting ACOA funding opportunities.

The Nova Scotia government is also undertaking a similar exercise. Valcourt said the governments wish

to avoid overlap or duplication of efforts.

"This is about trying to bring all four Atlantic provinces together at a common table where we can make sure that we all aim in the same direction," Valcourt told reporters.

Stay safe if looking for a valentine online: RCMP

If you're looking for love online this Valentine's Day, police ask that you be safe in doing it.

The RCMP issued a release on Monday reminding people to think about their personal safety when using online dating services.

"As the popularity of online dating services increases, so does the potential of becoming a victim of an online dating predator," spokeswoman Sgt. Brigit Leger says in the release.

Police tips include ensuring you read the privacy

policy on any dating site, remaining anonymous or using a nickname to guard your identity and never disclosing personal information, including last name, address, workplace or phone number.

● METRO

News in brief

Two charged in break-in

Police have charged two men after a home was broken into in Dartmouth early Sunday morning.

Halifax Regional Police say Matthew Randall Smith, 20, and Blaine Anthony Tynes, 27, were to

appear in Dartmouth provincial court on Monday facing various charges relating to the break-and-enter at a residence on Lakecrest Drive at about 4:30 a.m.

Police say a man armed with a gun broke into the residence, but fled after being confronted by the homeowner.

The accused and victim are known to each other, police say. There were no injuries. ● METRO

1

news



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The U.S. markets have been sizzling in the early days of 2012, so why are retail investors still gloomy? Allan Small explains at metronews.ca/investing

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Cops changing strike strategy

► Watch the parking signs, police warn drivers ► Worst traffic areas during transit strike include Bayers Road, bridges and Bedford Highway



JENNIFER
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Halifax Regional Police are changing tactics in their efforts to ease traffic during the transit strike.

Last week, police officers stepped in to direct traffic in problem zones to help the flow.

"But what we noticed is that when we cleared one intersection, it just moves the problem a little down the road," Halifax Regional Police spokesman Const. Brian Palmetter said on Monday.

So going into the second week of the strike, police are looking to solve some of the causes of traffic congestion instead. That means a lot of tickets.

"Vehicles that are illegally parked on main thoroughfares, vehicles that are broken down, vehicles that enter intersections that can't get all the way through. Those are the

Switching signs

► HRM staff is working on switching signs at some vacant bus stops to allow parking during the strike. It will take about another week before the first signs go up.

things we'll be focusing on," he said.

There's been no call to generally issue more tickets, Palmetter said, but police will ticket and tow illegally parked vehicles if they can't locate the owners.

Blocking intersections is a common infraction on HRM streets, he said, and it makes busy rush hours even worse.

"It prevents the cross traffic from flowing through, so it keeps traffic at a standstill. So, obviously, if we can keep the intersections clear, we think that will help the after-



► Striking transit workers walk along Grand Parade in Halifax last week. The strike is now on Day 13.

noon commute."

According to HRM, there were 2,975 parking tickets handed out during the first week of the strike. That's about 700 more than the

same week last year, when there was no transit strike.

"If people don't have to be out during the afternoon rush hour, they'd probably find it a lot less

stressful to stay off the roads," Palmetter said. "But if they have to be on the roads, then we just ask for them to take their time and be patient."

How commuters are coping



We asked: How has your commute been going during the transit strike?

- @fosterd3: live pretty close to dal, used to take bus for cnvnce. Strike has forced me to get off my rear and walk. Thanks @hfxtransit!
- @HalConChick: My commute? \$20 1 direction for cab, or 2 hour walk. For both me and hubby. So either 4 hours walk each, or \$80 cab per day.
- @erik_l24: simply 6k to school and 6k back in the winter weather. Wish the bus drivers and union got to experience this at least once...
- @jennyleigh84: traffic is heavier and I have to rely on my parents for transportation for the first time in about 11 years.

- @evandrentremont: Amazing commute. I bought a car, and it takes 10 min to drive my fiancée to work instead of an hour trip on the bus.
- @Jennt16: waiting over an hour in traffic to get to halifax from dartmouth and paying \$16/day in parking, missing the 7 min ferry ride.
- @spedked82: its been expensive and wiped out my savings i work to pay cabs to get to work
- @Sniper257: I bought myself a bike for the duration

of the strike, 20 minutes long uphill to school, 15 downhill back.

Via Facebook:

- Gregogree Karman: I've recently acquired the skill of flying. It's awesome, I have a lot of frequent flyer miles now. My arms are a little tired though.
- Joann Neish: I cant leave early so im always late but its ok im supportive of unions so i suck it up.
- Travis Newport: Instead of taking the bus, I take our car. I don't have to wait in the cold for a late bus, I don't need to see unfriendly people, and sit next to people of poor hygiene.
- Erin Porter Christian: I'm finding traffic is lighter in the mornings and it's easier to get around but in the afternoon, traffic is a nightmare.
- Abdullah Al Faraj: I find the strike is a good idea for now. I see people walking around which is healthy to go to school/work! Good Exercise :)

Citizens' group urging talks

A small group of citizens congregated at Grand Parade in downtown Halifax on Monday to urge the municipality and the Amalgamated Transit Union Local 508 to get back to the negotiating table.

Joey Archibald of Halifax organized the rally, which attracted a handful of people over the lunch hour.

He said the intention was neither pro-union nor pro-management, but to encourage both sides to resume dialogue.

"One of the problems we've seen so far ... is that they're not talking," Archibald said.

"What we hope is that we can set an example and say to both sides that (they) need to talk.... I'm not a negotiator, but I do know if you're not talking, you're not going to solve the issue."

Talks between the union and management broke off early Thursday morning. As the transit strike grinds into its 13th day, it is not known when the two sides will return to the negotiating table.

● ALEX BOUTILLIER

RYAN TAPLIN/METRO



► Joey Archibald

Cuts mean losing teachers: School boards

The heads of two Nova Scotia school boards say they believe the latest round of provincial funding cuts will bite into school programs and services.

Mary Jess MacDonald, chairwoman of the Strait Regional School Board, says a 2.1 per cent funding

cut will result in a loss of teaching jobs.

Trudy Thompson, chairwoman of the Chignecto Central Regional School Board, says the 1.7 per cent funding cut it faces comes while boards are being asked to expand some programs under a new education plan.

Last week, Education Minister Ramona Jennex announced that the province's eight school boards will see an overall funding cut of 1.3 per cent in the next fiscal year.

Jennex said that is because of a continuing decline in enrolment.

THE CANADIAN PRESS



► Ramona Jennex

Charges laid in same-store robbery

A 31-year-old man is facing charges in relation to two robberies at the same gas station in Dartmouth.

Halifax Regional Police say Jason Omar Downey was arrested last Friday on two counts of robbery and for possession of a weapon.

Police say just before 10 p.m. on Feb. 5, a man entered the Petro Canada on Victoria Road, pushed the cashier and grabbed cash from the register.

About nine hours later, the same station was robbed again. ● METRO

MPs want overhaul of Veterans Affairs

► NDP's Stoffer, Liberals' Regan join forces to draw attention to veterans' issues, compensation



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Keith Haynes said his wife died without knowing whether or not she had been "betrayed" by her government.

Haynes' wife, Audrey, was exposed to Agent Orange at CFB Gagetown in the 1960s. She died of cancer last month.

Before her death, Audrey applied for compensation from Veterans Affairs Canada. She was denied because she missed the deadline by 12 days.

"Now, I'm no doctor, but I've been told by several medical professionals it is very unlikely that non-small-cell cancers progress to Stage 4 and spread to other organs in 12 days," Haynes told reporters on Monday.

The Haynes' story was

Open letter

- Keith Haynes said he wrote to Steven Blaney, the minister of Veterans Affairs, about his wife's situation on Jan. 1, just weeks before her death.
- He still hasn't heard back. He wrote to Blaney, he said, "after exhausting all available options with Veterans Affairs."
- "I feel as if I've wasted time in the past four months," he wrote. "And

even if it was possible to have a decision rendered on my wife's application, I fear she will not be with us to benefit from any compensation that she should have already received."

- Audrey Haynes died on Jan. 31.
- A spokesman for Veterans Affairs said the department can't comment on individual cases.

one of three presented by Sackville-Eastern Shore MP Peter Stoffer and Halifax West MP Geoff Regan during the morning press conference.

The NDP and Liberal MPs are calling on Ottawa to make "wholesale changes" to Veterans Affairs Canada to ensure veterans receive the

compensation due to them.

"It is unconscionable that any department or any government would put a 90-year-old World War II veteran through eight months (of waiting)," Stoffer said.

Ted Shiner, the veteran Stoffer was referring to, served for four years in the army and two in the air



► Veteran Bill Maguire speaks at a press conference critical of Veterans Affairs Canada for its handling of several cases.

force during the Second World War before being discharged in 1946.

After seven months and a medical assessment by Veterans Affairs, Shiner saw his application for

housekeeping and foot-care assistance denied.

But the 90-year-old was more concerned about the next generation of soldiers returning from combat.

"I think about all of the

Afghan veterans on the doorstep or approaching," he said.

"If there are going to be changes, they're going to be the beneficiaries. And they deserve it."

Halifax school-board chair running for Tories



ALEX
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The chairman of the Halifax Regional School Board will try his hand at provincial politics.

Irvine Carvery, who has chaired HRSB for the past four years, says he plans to seek a nomination for the Progressive Conservatives.

"I was approached by the leader, Jamie Baillie," Carvery said on Monday.

"I had an opportunity to sit down with him and talk about the future of the Progressive Conservative party... A lot of the things he was talking about resonated with me."

Carvery said he is not sure what riding he will be seeking the nomination



Back to school

- Irvine Carvery says he will be running for school-board re-election in October but will step down as soon as the provincial writ is dropped.

for. He lives in Halifax-Needham, a seat held by Health Minister Maureen MacDonald. MacDonald has held the riding since 1998, winning more than

67 per cent of the vote in 2009.

"I don't want to be constrained by where I live," Carvery said. "Particularly on the peninsula here — it could be anywhere."

A longtime NDP supporter, Carvery said he became disillusioned by the government's "corporate welfare," citing the recent bailout of Bowater Mersey, money for NewPage in Port Hawkesbury and investment in a private railway company in Cape Breton.

"The was a huge item for me, and Jamie assured me that under a Progressive Conservative government, his government would make sure that no one is left behind," he said.

Workplace safety a concern: MLA

Seven workers in Nova Scotia have died since the beginning of the year, which Labour Minister Marilyn More says is cause for concern, considering

that about 25 workers died on the job between 2007 and 2011. She called on managers and employees to focus on safety.

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African. Heritage Month



► Halifax hip-hop star JRDN, also known as Jordan Croucher, performs for students at Dartmouth High School on Monday as part of African Heritage Month. The school is one of six that JRDN is visiting this week.

JRDN is ready for rhyme time

U.S. and Canada at odds over War of 1812

- War less crucial to Americans than to Canadians: Poll
- Canada to spend \$28M on bicentennial this year

The War of 1812 may be one of the world's oddest conflicts, if only because both sides are confident they won.

A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812 and bumbled along for three years.

Americans see it as a war that produced their national anthem. Canadians see it as a war that saved them from assimilation.

During the war, the Americans repeatedly tried to invade and were repeatedly repulsed by often-numbered mixes of British redcoats, Canadian militia and aboriginal allies.

The Ipsos Reid poll conducted for the Historica Dominion Institute for the bicentennial of the war found that 54 per cent of Canadians felt the most significant outcome was that

the invaders were turned back.

Americans had a dramatically different take. For a third of them, the outcome was the Star Spangled Banner. Its words were written by Francis Scott Key after watching a British naval bombardment of Baltimore's Fort McHenry in September 1814. A plurality of 36 per cent saw no significant outcome at all.

John Wright of Ipsos Reid said the war doesn't stand out for Americans because they see other, much bigger watersheds.

"The War of Independence is their touchstone for their nationhood," he said. "Ours seems to have been a gradual one."

While some might point to 1812 as a key point on the way to nationhood, others might look at Vimy Ridge, or the patriation of the Constitution.

"This is a touchstone to-

What we think

- When defining the Canadian identity, 53 per cent of poll respondents picked universal health care, while 25 per cent picked winning the War of 1812.
- If Canada had not won the war, 60 per cent said they wouldn't want to share the American political system, 18 per cent said they didn't want American gun laws and six per cent said they didn't want to share citizenship with Snooki from Jersey Shore.
- More than 80 per cent on both sides of the border agreed that the war was a significant part of the history and about the same agreed it should be commemorated.

wards Confederation, it's an important part of the story of Canada," Wright added.

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► British soldiers fire their muskets at the Americans during a restaging of a War of 1812 skirmish between American and British forces near an actual battle site west of London, Ont., on May 5, 2007. A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812.

► Navi Pillay, UN high commissioner for human rights, speaks about Tunisia and Egypt at the UN headquarters in Geneva on Feb. 4.



Crimes against humanity on rise in Syria: UN chief

The UN human rights chief says the scale of abuses by the Syrian government indicates that crimes against humanity have taken place since last March and are continuing.

Navi Pillay told the General Assembly on Monday that credible reports indicate that more than 5,400 people were killed last year, and that the number of dead and injured continues to rise every day.

She expressed serious

concern that the deliberate stirring of sectarian tensions may plunge Syria into civil war.

Pillay accused the Syrian government of using the Security Council's recent failure to condemn its crackdown on protesters "to crush dissent with overwhelming force."

She echoed Secretary-General Ban Ki-moon's warning that council inaction must not be used as a licence to kill.

THE ASSOCIATED PRESS

Rebels hold strong in Syria

Syrian rebels repelled a push Monday by government tanks into a central town held by forces fighting President Bashar Assad's regime in an 11-month conflict that looks increasingly like a civil war.

The military pressed its offensive on Rastan a day after the regime rejected Arab League calls for the UN to create a peacekeeping force in Syria and for an end to the violent crackdown on dissent. Damascus called the League initiative "a flagrant interference in (Syria's) internal affairs and an infringement upon national sovereignty."

With diplomatic efforts bogged down, the conflict is resembling a civil war, with army defectors clashing almost daily with soldiers. The rebels have taken control of small swathes of territory in central Homs province, where Rastan is located, and the northwestern province of Idlib, which borders Turkey.

The Britain-based activist



► Clerics gesture and chant religious slogans during a demonstration against the Syrian regime in Sidon, Lebanon, Sunday.

group Syrian Observatory for Human Rights said at least three government soldiers were killed in the attempt to storm Rastan, which has been held by the rebels since late January.

Rastan, home to some 50,000 people, was one of the first areas in Syria where people took up arms to fight the regime.

The uprising began last March as mostly peaceful protests against Assad's au-

thoritarian rule, but has become more militarized in the face of the brutal military crackdown.

Assad's bloody crackdown on the opposition has left Syria almost completely isolated internationally, except for one key ally — Russia.

China and Russia outraged the U.S. and many Arab countries earlier this month when they delivered a double veto to block a

The UN says ...

- More than 5,400 people were killed last year alone.
- Tens of thousands, including children, have been arrested, more than 18,000 are arbitrarily detained and thousands are missing.
- 25,000 people are estimated to have sought refuge in neighbouring countries, and more than 70,000 are internally displaced.
- Widespread destruction of homes, hospitals and schools indicates approval of, or complicity with, the highest authorities.

U.N. Security resolution calling on Assad to leave power.

At the forefront of regional efforts to end the crisis, the 22-nation Arab League called for the Security Council to create a joint Arab-U.N. peacekeeping force and urged Arab states to sever all diplomatic contact with Damascus.

THE ASSOCIATED PRESS

Israel blames Iran for 2 bomb attacks

► Israeli diplomats targeted in India, Georgia as nuclear tensions rise ► 4 people wounded in New Delhi blast

Israel blamed Iran on Monday for bomb attacks on its diplomats' cars in India and Georgia, heightening concerns that the Jewish state was moving closer to striking its archenemy.

Iran denied responsibility for the attacks that appeared to mirror the recent killings of Iranian nuclear scientists that Tehran blamed on Israel.

The blast in New Delhi set a car ablaze and injured four people, including an Israeli Embassy driver and a diplomat's wife; the device in Georgia was discovered and safely defused.

"Iran is behind these attacks and it is the largest terror exporter in the world," Israeli Prime Minister Benjamin Netanyahu told lawmakers from his

U.S. responds

White House spokesman Jay Carney said the incidents underscore U.S. concerns about the recent targeting of Israeli interests overseas.

► He added that Washington does not yet have information on who is responsible for the attack but stands ready to help the investigations.

Likud Party.

The violence added further tension to one of the globe's most contentious standoffs. Iran has been accused of developing a nuclear-weapons program that Israel says threatens the existence of the Jewish

state. Tehran says its nuclear program is for peaceful purposes only.

Comments by Israeli officials in recent weeks have raised fears Israel might be preparing to strike Iranian nuclear facilities. While Israel says it hopes that international sanctions can curb Iran's nuclear program, leaders pointedly note that "all options are on the table," and have warned that as Iran moves closer to weapons capability, time is running out for action.

Fearing an Israeli attack could set off a conflict across the region and send oil prices skyrocketing, U.S. and other Western countries have been pressing Israel to give sanctions more time.

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► A car belonging to the Israeli Embassy goes up in flames after an explosion in New Delhi on Monday.



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Pair get 16-year terms in asbestos-linked deaths

An Italian court on Monday convicted two men of negligence in some 2,000 asbestos-related deaths blamed on contamination from a construction company, sentencing each of them to 16 years in prison and ordering them to pay millions in what officials called a historic case.

Italian Health Minister Renato Balduzzi hailed the verdict by the three-judge Turin court as "without exaggeration, truly historic," noting that it came after a

long battle for justice.

"It's a great day, but that doesn't mean the battle against asbestos is over," he told Sky TG24 TV, stressing that it is a worldwide problem.

Prosecutors said Jean-Louise de Cartier of Belgium and Stephan Schmidheiny of Switzerland, both key shareholders in the Swiss construction firm Eternit, failed to stop asbestos fibres left over from production of roof coverings and pipes at its northern Italian factories



► Relatives of the victims react following the verdict of the trial in asbestos-linked deaths in Turin, Italy, on Monday.

from spreading across the region.

During the trial, which has stretched on since De-

cember 2009, some 2,100 deaths or illnesses were blamed on the asbestos fibres. THE ASSOCIATED PRESS

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Bailout still faces obstacles

► Any hitch in getting Greek proposal through parliaments in eurozone could push Greece perilously close to missing major bond redemption on March 20

Greece faces further hurdles and delays before it can receive a second, \$171-billion US bailout in spite of its lawmakers voting through more austerity measures in the face of violent protests.

The European Union's Economic Affairs Commissioner Olli Rehn on Monday called the Greek parlia-

ment's approval of a further round of budget cuts a "crucial step forward," but Germany insisted it would still take some time before the second bailout is delivered.

Germany, which as Europe's biggest economy pays the largest part in bailout deals, said it wouldn't give

its final approval for the new aid payments until early March — after it becomes clear how many banks and investment funds are willing to take losses on their Greek bonds and the parliament in Berlin votes on the new measures.

Pushing the new bailout back for several weeks underlines the amount of distrust that has built up against Greece over the past two years, when many promised cuts and reforms were passed in its Parliament but never actually implemented.

"Germany is trying to get

the best deal it can by putting pressure on Greece now," said Ben May, European economist at Capital Economics in London. The idea is to "give Greece a bit more of an incentive over the next few weeks to speed things up and get things moving."

Delaying the final approval of the bailout is not without risk. Uncertainty over the new rescue money could dissuade some of Greece's private investors from participating in a separate bond-swap deal, May warned.

THE ASSOCIATED PRESS



► An employee of the Greek Stock Exchange walks past charts displaying stock prices in Athens on Monday.

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS



► An Athens storeowner surveys damage to her shop.

GREECE CLEANS UP AFTER RIOTS ENGULF ATHENS

Firefighters doused smouldering buildings and cleanup crews swept rubble from the streets of central Athens on Monday following a night of rioting during which lawmakers approved harsh new austerity measures demanded by bailout creditors to save the nation from

bankruptcy.

Police said rioters destroyed or damaged more than 110 buildings, of which 50 were burned. They included nine listed as national heritage buildings, mostly in the neoclassical style. Thirty stores were also looted.

THE ASSOCIATED PRESS

Ottawa decries new U.S. banking reforms

Canada has stepped up its fight against new bank restrictions proposed by the United States which Ottawa says would adversely affect saving and borrowing costs north of the border.

In separate letters to Washington policy-makers, Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney complain that sweeping reforms under the so-called "Volcker rule" would reach well beyond their intended scope.

And, in some cases, because of the differences between the two countries, the impact could be greater in Canada, making savings through mutual funds and borrowing more expensive.

"The rule, as currently drafted, would have an unprecedented extraterritorial reach and significant cross-border effects ... given the close inter-linkages between the Canadian and U.S. financial systems," Flaherty wrote Monday.

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Apple stock rises above \$500

Apple's stock broke above \$500 for the first time Monday. It was the latest step in a rally that began more

than two weeks ago, when the company reported staggering sales and profits for the holiday quarter.

On Jan. 24, Apple posted net income of \$13.06 billion, more than doubling its profits from the year before. THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 9.27 (12,398.69)	+ 0.35¢ (100.07¢ US)	+ \$2.24 US (\$100.91 US)	\$2.43 US (-5¢ US)
			Gold \$1,724.90 US (-40¢ US)

PICTURES AS OF 5 P.M. MONDAY

Housing market due for stability: Report

Canada's hot housing market is due for a soft landing that stabilizes prices, sales and new construction over the next two years, the Canada Mortgage and Housing Corp. said Monday.

"With the Canadian economy set to expand at a moderate pace and

mortgage rates expected to remain low, activity levels in 2012 in both new home construction and sales of existing homes will stay close to levels seen in 2011," CMHC deputy economist Mathieu Laberge said in a statement.

THE CANADIAN PRESS

Obama unveils election-year budget

Taking a pass on reining in government growth, U.S. President Barack Obama unveiled a record \$3.8 trillion election-year budget plan Monday, calling for stimulus-style spending on roads and schools and tax hikes on the wealthy to help pay the costs.

Though the Pentagon and a number of cabinet agencies would get squeezed, Obama would leave the spiralling growth

of health-care programs for the elderly and the poor largely unchecked.

The plan claims \$4 trillion in deficit savings over the coming decade, but most of it would be through tax increases Republicans oppose, lower war costs already in motion and budget cuts enacted last year in a debt pact with GOP lawmakers.

Many of the ideas in the White House plan for the



► President Obama speaks in Annandale, Va., on Monday.

SUSAN WALSH/THE ASSOCIATED PRESS

2013 budget year will be thrashed out during this year's election campaigns as the Republicans try to oust Obama from the White House.

"It seems like the president has decided again to campaign instead of govern and that he's just going to duck this country's fiscal problems," said Republican Paul Ryan, chair of the House budget committee.

THE ASSOCIATED PRESS

Budget blueprint

Obama's budget blueprint reprises a long roster of prior proposals.

- Raise taxes on couples making more than \$250,000 a year.
- Eliminate numerous tax breaks for oil and gas companies.
- Approve a series of smaller tax and fee proposals.
- Cut the Pentagon's purchases of navy ships.
- Scrap two NASA missions to Mars.

BRINGING SEXY BACK FOR VALENTINE'S DAY

SHE SAYS ...

JESSICA NAPIER
METRO



their first Valentine's night together will pull out all the stops. There will be candle-lit dinners, elaborate gifts and racy lingerie with more tassels and wiring than a Cirque du soleil costume.

For long-term partners, this candy-heart holiday might as well just be any other Tuesday. If things get super-romantic, you'll share an extra-large pizza and peel off your flannel PJs at the end of the night for some obligatory Valentine's Day sex.

As much as we might hate to admit it, somewhere along the way the honeymoon phase ends and the comfortable stage begins. So how does a passionate duo turn into Team Sweatpants, and what can stuck-in-a-rut couples do to put the spark back in the relationship?

"Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor."

Valentine's Day, in all its saccharin-sweet glory, is the perfect litmus test for determining the current status of your relationship.

Couples embarking on

I posed the question to relationship expert and registered sex therapist Dr. Teesha Morgan because, frankly, we could all benefit from some sexpert advice at this time of year.

"In the beginning, relationships are often ignited and kept alive by lust," says Morgan.

When we start dating someone new, we have a tendency to project onto our partners all the good qualities that we want him

or her to have, rather than what exists in actuality. Once the novelty wears off, we come to realize that our perfect partner is actually human. Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor. Attraction turns to frustration and the fire begins to burn out.

As Hallmark-y as it might be, Valentine's Day is a good opportunity to look at your own relationship and evaluate whether or not you could use a little more excitement.

If you want to reignite that initial spark, you've got to make your significant other a priority. Ensure your partner feels desired by showing an interest in trying new things together on the intimacy front. "Variety truly is the spice of life," says Morgan. "Willingness to step outside the box and become a little more adventurous is an important factor to the longevity of a satisfying sex life."

So instead of reaching for the remote tonight, try reaching for, well, something else.

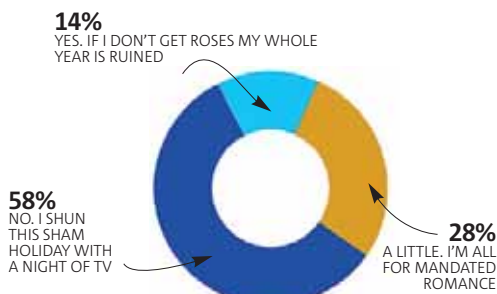
There are plenty of options out there, but it's up to you to make an effort to bring sexy back this Valentine's Day, whether it's your first, fifth or 50th year together between the sheets.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Do you stress over getting
a Valentine's Day date?



Local tweets



@symonds
mom2:

@metrohalifax Ken Wilson and Peter Kelly stop acting like children and get back to the table. You don't have the right not to be talking.

@realfatapollo: Another day of the bus-stop in front of Scotia Square being full of strikers' cars #halifax #busstrike but no flame barrels

@dammit_janet: I don't live in Halifax any more, but truly feel bad for any one having to walk today.

Stay warm Halifax! #Silly-TransitStrike

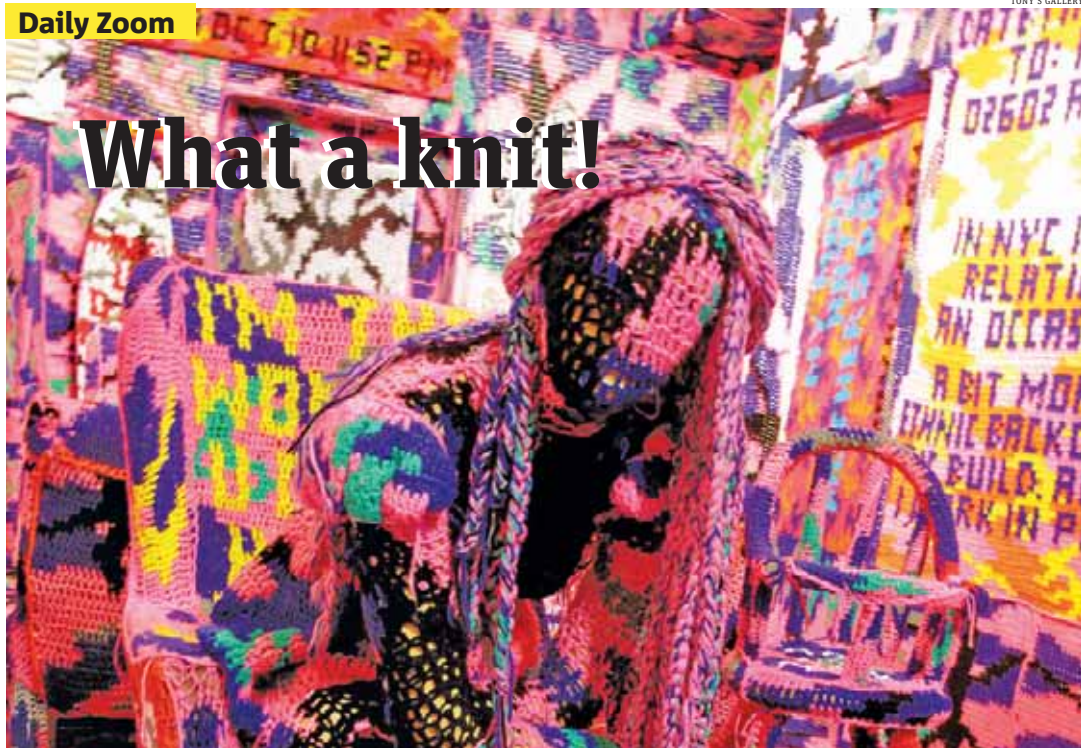
@zink14: who else in #halifax is looking longingly at their car from outside it's iced frozen-shut doors? just me? @CanadianProbz #wannamovetofiji

@kellyAndreaaa: I need to go the the gym but it 'feels like' -27 outside #brrr #halifax #winterproblems

@alexiclea: The air is so cold that my lungs hurt from breathing it in. Ouch. #Halifax

@SarahLPhelps: It's actually snowing sideways right now... #OhDear #Halifax

Daily Zoom



Artist covers her room with yarn

LONDON. This woolly room will have you bouncing off the walls! At Tony's Gallery off Brick Lane, London, an artist has crocheted a life-sized replica of her bedroom, complete with explicit messages from her personal life. Polish-born artist Agata Oleksiak, a.k.a. Olek, found fame after veiling New York monuments in yarn. ● MWN

60 seconds



KNITTING & VODKA

How long did this take you?

Seven months in total. I don't know the amount of wool I used. The floor cover and walls were reused from past exhibits.

Why do you crochet?

It's not some ol' granny pastime but a method to show the connections between art and my life.

You must have a lot of patience to knit all that.

I spent two months living in this room knitting. I watched Jim Jarmusch and Wim Wenders movies and drank nut-flavoured vodka to pass the time! **And your dream artwork?** To crochet the entire White House. That would be amazing. Obviously I would need the entire nation to help me crochet.

● ANTHONY JOHNSTON

Interview with the writer

► Anne Rice built a career writing about vampires way before Edward and Bella ever set eyes on each other ► In her latest work, she moves into werewolf territory

MEREDITH ENGEL
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METRO WORLD NEWS IN NEW YORK

The Wolf Gift, the newest novel from Anne Rice, the queen of supernatural stories (remember Interview with a Vampire?), hits shelves today. We spoke with the author about her influences, characters and her thoughts on the future of book publishing.

You were raised in a very strict Catholic upbringing. What influence did that have on you and your writing?
I think it influenced everything. I grew up in the '40s and '50s in New Orleans, which is a Catholic city. I was in a Catholic parish, going to a Catholic school, in a world where everybody went to a Catholic school, and we had beautiful churches all over New Orleans, and all of that ended up influencing my work tremendously. I had lots of church, of course, before I wrote Interview with the Vampire, but Interview with the Vampire was a lot of that, grieving for that lost sense of being involved in a meaningful community. It's

kind of natural, I think, for someone who grew up like that to write about European-American characters, like Louis was a French plantation owner living in Louisiana.

Did your background influence The Wolf Gift?
I think it's a synthesis of where I've just been and what I've gone back to. For 12 years, I attempted to be a Christian again — I went back to the church and for 12 years I really lived it, breathed it, wrote two books about Jesus that provided me with one of the greatest experiences in my career. And I've left that. I've publically left religion, and I'm back again with the classic monsters of horror, but I think the work is really synthesizing. It's really pulling together a lot of what I've learned during those Christian years and it feels to me different from the older vampire novels. First of all, it's very contemporary: Reuben is young and living in San Francisco right now and I had confidence to present him in this contemporary world that I kind of lacked years ago.



► Anne Rice

I heard you got the idea for this book from the producer of the TV show White Collar.
That is true. I emailed Jeff Eastin because I'm a big fan of the show. I just think it's one of the most fresh and clever shows on TV. We have an email friendship going and he said something about it in an email. He said that he'd watched a documentary on werewolves and something about if I ever wanted to do a werewolf novel, he would buy buckets of it, and it was just a casual thing and I got

to thinking, Wow. Most of the time when people mention werewolves, I would always say: "No, I'm not going to do that. My sister's done that and I don't want to crowd her." Then I got to thinking, "Well, Alice has been gone since 2007, I miss her terribly, but maybe it's OK now, five years later, to write about werewolves. Maybe it's alright; I wouldn't encroach on anything she's done."

And I read that you based the main character of this book

on the star of White Collar, Matt Bomer. Have you ever met him?
Nope.

Does he know he's inspired a character in your book?
I don't know. I should send him a copy! Jeff knows; he's read The Wolf Gift. I just acknowledge Matt as the physical model. You know, Matt's voice, Matt's eyes.

He is a beautiful man.

Well, yeah, he is. You know, I didn't even plan it. I just kept seeing and hearing Reuben as Matt Bomer. If they were to make a movie and Matt Bomer were to step into that role, I would be absolutely thrilled.

► Matt Bomer



2

scene

Scene in brief



Adele's songs about breakups and heartache have made her a multi-Grammy award winner, but she insists she's done with all that. In an interview featured in the March issue of Vogue magazine, the 23-year-old says people think she's "miserable" because of her songs. In fact, the singer vows to "never" write a breakup record again and adds she's "done being a bitter witch." Adele has a lot to be happy about. She won six Grammy awards Sunday night, including record and album of the year. 21 was 2011's bestselling album. The March issue of Vogue goes on sale Feb. 21.
THE ASSOCIATED PRESS

DVD reviews

Buy it 🌟🌟🌟🌟 | Rent it 🌟🌟🌟 | Borrow it 🌟🌟 | Yawn 🌟 | Don't bother 🌟

The Twilight Saga: Breaking Dawn — Part 1
Genre: Drama
Director: Bill Condon
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner
There are more bubbles than blood as Bella Swan finally gets her (dead) man in part one of Breaking Dawn, the conclusion of the Twilight teen vampire franchise.
Melodrama reigns in this supernatural soap opera, even though Stephanie

Meyer's tale takes a sharp turn toward the violently weird.
After three films in which Bella Swan (Kristen Stewart) and her vampire beau Edward Cullen (Robert Pattinson) exchanged smouldering looks, they finally get on the good foot to do the bad thing, which not only literally wrecks the marital bed, but results in a monstrous pregnancy that could kill the human (for now) Bella.
Director Bill Condon (a



Twilight newbie) and returning screenwriter Melissa Rosenberg don't stray much from Meyer's source

text or tamper with a profitable romance that is now more cash cow than Cupid. There's not much they can

do about a story that has grown steadily more risible.
With talk of unplanned pregnancy, abortion and marital discord entering the picture, Twilight is now really an "R" picture under a "PG" label, and it's an uncomfortable fit.
I have just one question for Twihards before next year's Part 2: Does Dracula offer daycare services?
Extras include a director's commentary and making-of featurettes.
PETER HOWELL



Angelina Jolie says she hopes directorial debut on Bosnian war will provoke discussion on rape

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More on Whitney Houston's death

► New info continues to be revealed about what caused the singer's untimely death at the age of 48

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Though authorities are not confirming anything other than she was found in the bathtub, some websites are reporting that Whitney Houston died from an overdose of Xanax and liquor. And according to TMZ.com, coroner's officials informed the family that there was not enough water in Whitney's lungs for a drowning, as was initially assumed. Officials believe she passed away before her head became submerged in water, though the official toxicology report won't be complete for four to six weeks.

Although earlier reports say that her stylist, hairdresser and two bodyguards were among the ones who found Houston underwater, reports now say it was her aunt Mary Jones who discovered Houston's body.

TMZ.com says Houston had apparently been in the bathroom for more than an hour when Jones went in to check on her. Upon seeing Houston, Jones pulled the singer out of the tub and started CPR. RadarOnline.com reports that her



► Whitney Houston (1963–2012)

body was probably under water for 30 minutes and the autopsy shows that her body had no "obvious signs of trauma, but her throat appeared to be inflamed upon examination."

NBC New York reports that once Houston's body is released to her family by the L.A. Coroner, she will be eulogized in her birthplace of Newark, N.J. Whigham Funeral Home — who handled the funeral for Houston's father, as well as the memorial for Arthur Lee Warrick, the mother of Dionne Warwick (Hous-



► Jennifer Hudson sang 'I Will Always Love You' at the Grammy Awards on Sunday.

ton's cousin), and for Ann Drinkard Moss, the sister of Houston's mother, Cissy — will reportedly be handling the arrangements.

Adele has a new man

Not only were the Grammy Awards a big night trophy-wise for Adele, but it was also a chance for the British singer to make her first official appearance with boyfriend Simon Konecki, according to Us Weekly.

Konecki was by Adele's side in the front row of the Staples Center as she won in all six categories in which she was nominated. The pair had previously been spotted last month on a romantic trip to the Florida Everglades. ● METRO

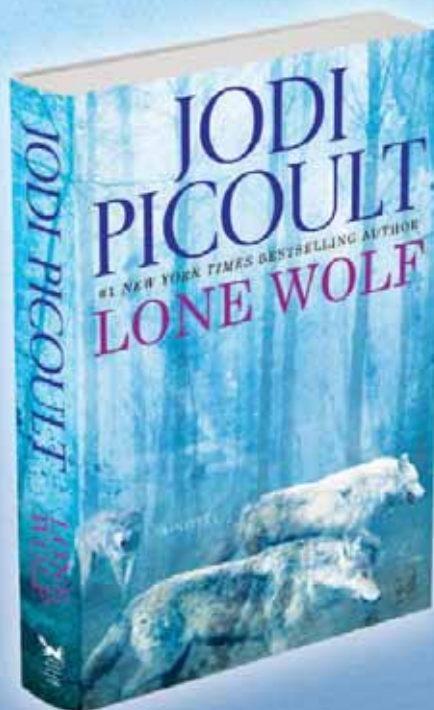
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"Picoult is a rare writer who delivers book after book...." —ENTERTAINMENT WEEKLY



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Celebrity tweets



Pardon me... do you have any crepe chiffon?

@kanyewest

@MarleeMatlin

Before I forget, Happy Valentine's Day. I'll be half a world away but thinking about you. Support the freedom to love and live peacefully.

@rustyrocks

The intuitive mind is a gift and the rational mind a servant. We have created a society that honors the servant and has forgotten the gift.

@sarahksilverman

I just read John: 3:16. It's dumb!

3 life

A new study shows

30

...minutes of sex can burn off more than 80 calories. Surely it's the best consequence of fighting with your lover. Say yes to make-up sex.

AMERICAN ASSOCIATION OF SEXUALITY EDUCATORS



WHO says leprosy still around after being declared eliminated from the Western Pacific region

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Truly, madly, deeply: Why do we get jealous?

► Valentine's Day isn't all about being madly in love ► Dr. David Buss, relationship expert and author of *The Dangerous Passion: Why Jealousy is as Necessary as Love and Sex*, explains the science behind the 'j' word



ROMINA MCGUINNESS
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

Do you ever feel protective of your relationship — as if someone else is out to get your man (or woman)? You may be overly cautious. Or you may just be reacting normally. Mate poachers exist. And Dr. David Buss, author of *The Dangerous Passion*, says we've psychological adapted to defend ourselves against such threats.

First, is your partner your equal?

Determine their mate value: how desirable is this person on the mating market? Think about anything from looks to social status.

When a couple pairs up they tend to have approximately similar mating values but discrepancies do develop over time.

"If one gets a big promotion at work, they could increase their mate value by virtue of the position. The lower mate value person tends to be most jealous as statistically, it's more likely for the higher mate value person either having an affair or terminating the relationship," says Buss.



► This won't end well.

Then, identify the nature of the threat

According to Buss, men and women are equally jealous but differ in the nature of their emotion.

"For a man the sexual aspect of an infidelity poses a threat as it casts a doubt over their paternity of a certainty," he said. "Men place a greater premium on physical attractiveness in potential mates so when

women see their man in a sexually charged interaction with a physically more attractive woman, that can drive a woman crazy."

Take action

"Women enhance their physical appearance as a mate protection tactic whereas men redouble their efforts to fulfill their partners' desires," he said.

"Men are more physically reactive and more likely to get drunk or commit crimes of passion."

Jealousy as a symbol of love and commitment

No one wants to be with someone no one else wants. Stick to your mate value equal and hopefully you can avoid a Basic Instinct 3.

THE MOST OUTRAGEOUS JEALOUSY CASES



AMERICAN FOOTBALL STAR OJ SIMPSON

► Although found 'not guilty,' Simpson was suspected of murdering his ex-wife Nicole Brown.



NASA ASTRONAUT LISA MARIE NOWAK

► After a 950-mile, 12 hour journey (wearing an adult nappy to avoid bathroom breaks), Nowak confronted love rival Colleen Shipman armed with a BB gun and pepper spray.

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Sleep remedies: What Works?

The experts interviewed for Michelle Villet's article on sleep remedies recommend seeing your doctor if sleep problems last two weeks. But for occasional sleeplessness, there are plenty of drug-free remedy options.

Always be sure to fol-

low package directions carefully and heed any warnings.

Antihistamine-based remedies (Rexall Extra Strength Sleep Aid Liquid Fastgels, Advil Nighttime, Insomnal, Nytol, Sleep-eze D Extra Strength, Tylenol Simply Sleep): The active ingredient in these is diphenhydramine hydrochloride, an antihistamine with sedative properties that directs receptors in the brain to relax.

Melatonin-based remedies (Jamieson Melatonin-3; Genuine Health Sleep+Time Release, Nature's Harmony Timed Release Melatonin, Webber Naturals Melatonin): Melatonin is a hormone secreted by the pineal gland. It helps regulate the body's sleep-wake cycle; normally, melatonin levels rise in the evening to help us fall asleep, and then they drop off in the morning.

Herbal and mineral

remedies: Some use a form of magnesium (New Nordic Melissa and CanPrev Magnesium Bis-Glycinate 200), a mineral involved in more than 2,000 chemical reactions in the body, many of them related to sleep and relaxation. Other remedies use 5-HTP (FemMed Sleep), an amino acid that helps restore serotonin, a neurotransmitter that regulates sleep. Then there is valerian (Swiss Natural Sources

Valerian), which is a herbal extract that targets the same receptors in the brain as certain prescription meds but without the addictive properties or memory loss.

Again, always read labels carefully, and always talk to your doctor about any concerns you have.

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METRONWS

Happy Valen-birth day

► New study finds that women more likely give birth around Valentine's Day
► Not so much on Halloween



CELIA MILNE
LIFE@METRONWS.CA

Valentine's Day is seen as a good birth-day.

It's all about love, after all. A study conducted at Yale University has found that pregnant women whose babies are due in the two-week period surrounding Valentine's Day seem to aim for, and succeed in, giving birth Feb. 14. Perhaps it's mind over matter.

"The women in our study were significantly more likely to give birth on Valentine's Day than on the other days we studied," says Becca Levy, an associate professor of epidemiology and psychology at Yale.

"Their will to give birth could influence the hormones that control birth timing."

Levy and her colleagues looked at birth records for 1,676,217 births in the U.S. that occurred within one week on either side of Valentine's Day, over an 11-year period. They found that on Feb. 14 there was a 3.6 per cent increase in

Chocolate

Chocolate continues to get a health check mark.

► **Healthy** Researchers in the U.K. reviewed 42 studies of chocolate in the medical literature, and found it consistently aids in blood flow and insulin resistance. Good news on Valentine's Day.

spontaneous births, and a 12.1 per cent increase in cesarean births.

"We think the reason for this is that Valentine's Day has many positive associations in our culture, such as love," Levy told Metro.

"We don't yet know the mechanism for this holiday-birth timing association, but we think that it is possible that women are able to initiate birth a little earlier so that birth coincides with Valentine's Day."

The study was published in the journal Social Science & Medicine.



► Halloween, on the other hand, is a scary time to give birth. When Levy and her team studied 1,809,304 births around the Halloween, they found a 5.3 per cent decrease in spontaneous births and a 16.9 per cent decrease in cesarean births on Oct. 31.

O ke aloha ka 'i'u

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between glasses, pouring carefully down sides of glasses. Garnish with edible flower petals. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA.**

Ingredients:

- 60 ml (2 oz) raspberry liqueur
- Ice
- 90 ml (3 oz) X-Rated Fu-

sion Liqueur

- 30 ml (1 oz) gin
- 30 ml (1 oz) lime juice
- Pinch of crushed pink peppercorns
- Edible flower petals

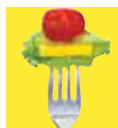
A romantic European atmosphere in Halifax

► Brussels serves up delicious options such as mussels and angus striploin

VALERIE MANSOUR

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



A Valentine's trip to Brussels sounds suitably romantic — if not the city, at least the restaurant.

The decor is European with murals, tile floors, a brasserie in the front and more formal dining inside. Service is charming and friendly.

Mussels are the specialty — large, tender and



► Gare Centrale Angus Striploin (\$12.95)

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Rating: 4.5 out of 5

fresh. The Congo (\$9.95) has fabulous, full flavour of lemongrass, ginger and chilis in a coconut cream sauce.

Salade Liegeoise (\$9.95) is a simple salad with pronounced bacon flavour. The fresh baby spinach is

served aside chopped tomatoes, green beans and bacon on chunks of boiled potato, with warm vinaigrette.

The best deal is the 12-oz. Gare Centrale Angus Striploin (\$12.95) with a delicious, rich mushroom

ragout sauce. The steak is medium rare as requested, and the accompanying veggies are tasty as are hand-cut frites — a real treat dipped into mayo, as the Europeans do.

So it's not Europe — but today let's pretend.



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FUN AND FRUGAL

LESLEY SCORGIE
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The spirit of Valentine's Day is to show your special someone

that you care about, and value, them. And you don't need lavish gifts and a racked up credit card to acknowledge your partner.

Just like a grade-schooler, sit down for 20 minutes

and make a card. Using red and pink paper, cut out hearts and glue a picture of your honey in the middle.

Somewhere within your homemade masterpiece, write out all the things you love about them. Who cares if you're not Picasso or Shakespeare; it doesn't matter. The thought is what counts.

Rather than booking a dinner out, try cooking a new recipe at home. Pick up fresh ingredients from your local grocer and a reasonably priced bottle of wine.

If your culinary skills are sorely lacking, buy an

"Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care."

online coupon to an inexpensive restaurant. If the corkage fee is low, bring your own wine.

If you're freaked out your partner might think you're a cheapskate, secretly slip the coupon to your server en route to the washroom.



► A homemade card can be a lot more meaningful than an expensive present.

If you're planning to exchange gifts, be frugal. Agree to set a limit on your spending. Turn it into a game; who can buy the best Valentine's gift for less than \$25.

Take advantage of coupons, clearance and 'end-of-season' sales. If you're into the great out-

doors, give your partner a handmade 'IOU' to take them hiking, skating or skiing.

Turn off your computer and phones, fill up a thermos with hot chocolate and go for a romantic walk around your neighbourhood. Spend time talking or download an

old movie.

Simply making time for your honey or helping them with a mundane task, like housework, means a lot.

Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care.



WHAT TO BUY FOR A BAPTISM

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Hello,
What is an appropriate gift for a child at a Christening if the child is a close family member?
Thanks J&R

Hello J&R!

The ceremony of a Baptism or Christening is a religious event. So, to state what might seem obvious to some, a religious gift of

some sort will always be appropriate in either case.

Such gifts might include a cross, rosary or even a small children's version of the Bible. You may even wish to consider having a mass said in the child's name, or giving a small bottle of Holy Water or a religious charm for future use on a charm bracelet or necklace. You can also consider a small prayer book, a picture frame with the date engraved for a photograph of this important ceremony or an album/scrapbook to keep a copy of the church program, guest list, family pictures, footprints and anything else from the day.

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101.3 THE BOUNCE
the 9 spot
Top 5: February 13th

- 5 Drake ft Rihanna Take Care
- 4 Flo Rida ft Sia Wild Ones
- 3 Marianas Trench Fallout
- 2 Pitbull ft Chris Brown International Love
- 1 David Guetta ft Nicki Minaj Turn Me On

Weeknights at 9
Tessa counts down the HOTTEST 5 songs that day!

1013THEBOUNCE.COM

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Sasha, Lab Mix

Sasha is approximately 3 years old and 50 lbs. She would do best in a home with children ages 10 and up as she is bouncy when excited and can be a bit nervous of strangers.

She came to us from our Cape Breton shelter where she was in a foster home. She is good with calm and well mannered dogs.

She did very good at house training in her foster home after just a few days of work and is anxiously looking forward to finding her new forever home.

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TUESDAY, FEBRUARY 14, 2012RRSP
GUIDE

Pros & Cons

Should you take out a loan to invest in an RRSP?

JANE
DOUCET
FOR METRO

Borrowing money to invest in an RRSP has many advantages.

Besides the immediate tax savings, it allows you to increase the amount you have to invest, take advantage of tax-sheltered compounding, boost your investment returns,

achieve your long-term financial goals faster and build a larger and more diversified retirement portfolio.

But how do you know if you should take out this type of loan? It's a good idea to borrow for an RRSP if you want to make a contribution now but don't have any money set aside, you want to take advantage

of your unused contribution room, or you are in a higher marginal tax bracket than you were last year.

RRSP loans have low interest rates, flexible repayment options of up to 10 years, deferred payments of up to 90 days and no early repayment penalty. That's all good news. But what about the downsides? "The biggest problem

with RRSP loans is that people don't put the tax savings back onto the loan," says Stephen Cox, a certified financial planner professional with Desjardins Financial Security Independent Network in Halifax.

"Instead, they'll use it to take a vacation or buy an expensive item they've been eyeing."

Another pitfall is that those who take out a long-term RRSP loan — say, over five to 10 years — get sick of making the payments.

"Most people take the longer-term loan intending to pay it back sooner, but few do," says Cox.

"It's a better idea to take out a loan for a smaller amount over a shorter pe-

riod of time, such as one or two years."

If you borrow for an RRSP and the market does well, then you are ahead of the game. But if it doesn't do well?

"You could possibly pay more in interest on the loan over time than what you saved in tax," says Cox. "It's unlikely, but possible."

CREATAS/THINKSTOCK



Women face special retirement circumstances

There are special considerations for women when it comes to retirement financial planning.

Several factors may impact their pension and savings, such as situations where women may leave the workforce to care for parents, children, or both.

Another reality is that women often live longer than men, and when paired with the fact that for

many married couples, the husband is older than the wife, this may add up to a longer time in retirement for women than men.

When you consider that data suggests post-retirement years have stretched to 20 years from 13, or 54 per cent longer, it's clear a proportionate increase in savings is needed to fund a longer retirement.

"While longevity is ex-

citing when thinking about additional years out of the workforce and more time with family and friends, it may be somewhat concerning when it comes to retirement savings," says Crystal Wong, senior regional manager, TD Waterhouse Financial Planning.

So what can women do to help ensure their retirement planning is on the

right track? Wong offers her suggestions:

- Ensure you have a written, comprehensive financial plan. A recent TD Waterhouse poll found that only 31 per cent of Canadian women have a financial plan.

- Consider working with a financial adviser to ensure your investments match your long-term goals such as retirement, estate plan-

ning and kids' education. ► Take an active interest in your family's finances.

"What's most important is feeling confident that your future is financially secure," adds Wong. "And by having a financial plan that includes a clear retirement savings plan and measures in case of the unexpected, you're in good shape."

NEWS CANADA

Different variables for entrepreneurs



JANE
DOUCET
FOR METRO

Creating a retirement savings plan can be more challenging for small business owners than for other people.

That's because entrepreneurs must consider multiple sources of retirement income, special tax considerations and succession issues when building a retirement plan.

Many entrepreneurs assume that their business

will fund a substantial portion of their retirement.

"While the equity in your business can be an important source of income, diversification is the best risk-management strategy," says Robert McCullagh, the owner of Benefit Planners Inc., a Calgary-based integrated financial planning firm, and the past chair of the board of directors of Advocis, The Financial Advisors Association of Canada.

In McCullagh's experi-

Other sources

▶ A business owner's retirement income is likely to come from other sources, including both registered and non-registered investments. An RRSP remains

ence, entrepreneurs typically have an overstated value in mind of what their business is worth, both current and long term.

"Most assume that when they sell their busi-

ness, it will be viable, relevant, debt free and cash positive," he says. But many variables can impact the projections of its worth. For example, what if you plan to sell

your business in 10 years, but become stricken with a fatal illness at the three-year mark, meaning you are forced to sell significantly sooner?

"You can't assume that you'll stay healthy until you retire," says McCullagh.

Or what if in your final years of operation you become entangled in a lawsuit, either as the plaintiff or the defendant? And what if the economic marketplace changes quickly,

causing your business to become devalued?

Other issues to consider are whether the buyer will be paying for a client list or purchasing shares in a corporation. Then there's the matter of the payout. Will it be all out front, or distributed over time?

"A business is an excellent way to augment a well-planned retirement program, but it has its pitfalls," says McCullagh.

"You don't want to depend solely on it."

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Saving for your Golden years



YLVA
VAN BUUREN
FOR METRO

No matter how old you are, saving for your retirement has never been more important — and contributing to a Registered Retirement Savings Plan (RRSP) is one way to do that. The deadline for contributing and using it on your 2011 income tax return is Feb. 29.

Here are nine reasons why you shouldn't skip on investing in an RRSP this year.

1 The immediate tax deduction. Your total income is reduced by the amount you invest in your RRSP, says David Gillan, vice-president of T.E. Wealth,

2 Lower tax bill. Many Canadians work out their tax situation, says Gillan, and put in just enough to make sure they are not paying any taxes.

3 The "piggy bank" factor. An RRSP is a great

Annual limits

If you don't use up your contribution limit in any one year, the unused contribution room is carried forward. So you can always catch up. Next year you will be able to contribute your annual contribution amount plus what you didn't contribute this year.

savings plan.

4 Fewer employer-sponsored pension plans. "Today, less than 40 per cent of the population is covered with a pension," says Bev Moir, senior wealth adviser at Scotia McLeod.

5 Long-term growth potential. Despite the current stagnant investment market, experts say growth is going to return. "The earlier you start, the

better because there's more time for growth and compounding," says Moir.

6 Tax-free growth. Money in your RRSP grows without attracting any tax through its accumulation, explains Richard McKenster, past chair of the Institute for Advanced Financial Education and a spokesperson for Advocis, Halifax.

7 Improve your whole financial picture. Building your RRSP is about direction and growth, says McKenster. "Make no mistake, there's no downside to putting some money aside."

8 A longer retirement. If you plan to retire at 55 or 60, you may have a 30-year retirement as people in general are living longer. Your retirement savings have to last you a lot longer.

9 Peace of mind. For many Canadians, the Canada Pension Plan and Old Age Security will not



be enough for retirement. Add high divorce rates, a less stable job market and possible changes to the eligibility age of Old Age Security, says Moir, "and you really can't count on anybody but yourself."

Investment poll

▶ A recent Scotiabank investment poll showed that 52 per cent of Canadians aged 35-54 plan to

contribute to their RRSP for the 2011 tax year compared to 41 per cent in the 18-34 age category and 21 per cent in the 55 and older age category.

Divorce and the division of RRSPs

SMART INVESTING



TALBOT
BOGGS

Regrettably, divorce is becoming an all too commonplace event in Canadian society.

Statistics Canada reports that more than 100,000 individuals a year go through divorce and 43 per cent of marriages are expected to end in divorce before they reach their 50th anniversary.

A similarly sad reality accompanying the divorce rate is that few Canadians appreciate the impact divorce can have on their fi-

nances and planning for retirement, a BMO Financial Group study has found.

The study showed that married adults who became divorced or widowed between the ages of 67 and 80 were projected to have the largest decrease in wealth and the largest increase in poverty, experiencing a decline in median income of as much as 37 per cent.

"Divorce is a big change in life, and as in all big life changes, people need to talk to a qualified financial planner to see what the implications are before making any decisions," advises Sara Kinnear, director of advanced financial planning with Investors Group.

"Whereas before the divorce you might have been planning for retirement together, now you may be on your own, solely responsible for making



sure you have enough income to retire on," Kinnear says.

Financial experts recommend that before you divide up your assets, find out what the tax implications are.

You may find that you can achieve what you want while avoiding or minimizing taxes.

One of the most common questions Kinnear gets from clients going through divorce is about RRSPs.

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax, provided you are living apart when property

and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart as a result of a breakdown in the relationship.

While income tax rules apply equally to common-law partners and married partners, rules about family property typically don't apply to common-law partners, although they do in some jurisdictions, Kinnear notes.

Jackie Read, a financial

adviser with Edward Jones, believes many women come out of divorce more financially-challenged than men because they have not been as involved in financial matters as their spouses.

"A lot of divorcees may not even have a budget and may never have handled money or investments or paid the bills because their husbands did all that," Read says.

Read suggests people coming out of a divorce set up a budget, review all expenses and start to build their own retirement plan, which should include contributing to an RRSP.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Using an RRSP to invest in a business



JANE
DOUCET
FOR METRO

If you are wondering whether it's possible to use your RRSP to invest in a Canadian-controlled private corporation (CCPC), the short answer is yes — but there are plenty of restrictions to consider on who qualifies.

"There are a lot of details to consider for the worthiness of using cash within your RRSP to buy the shares of a privately

held company," says Teresa Black Hughes, a certified financial planner at Rogers Group Financial in Vancouver. "In the end, it may be more of a headache than it's worth."

If you, together with anyone related to you, own 10 per cent or more of the shares of the CCPC, the investment may not be a qualifying RRSP asset.

If you deal at arm's length with the CCPC and the cost of the shares you hold in the CCPC or a relat-

ed corporation is less than \$25,000, you can invest your RRSP in shares of the company.

If you own less than 10 per cent of the shares, there are generally no restrictions on the amount you can invest.

In determining the amount and cost of the shares that you own, you have to consider shares owned by individuals related to you, both inside and outside their RRSPs. Also, all of almost all of the com-

pany's assets must be business assets at the time the shares are purchased by your RRSP.

If as a contributing member to the company you plan to develop the value of the company with a direct effect on the shares, the future taxable sum for redemption might be more onerous than having grown the value outside of an RRSP, where the potential sale of shares will only be partially taxable due to capi-

tal gains treatment.

"In addition, any distributions flowed out of the shares can be treated more favourably with the dividend tax credit," says Black Hughes.

If all of that sounds too confusing and complicated, there's another more straightforward option.

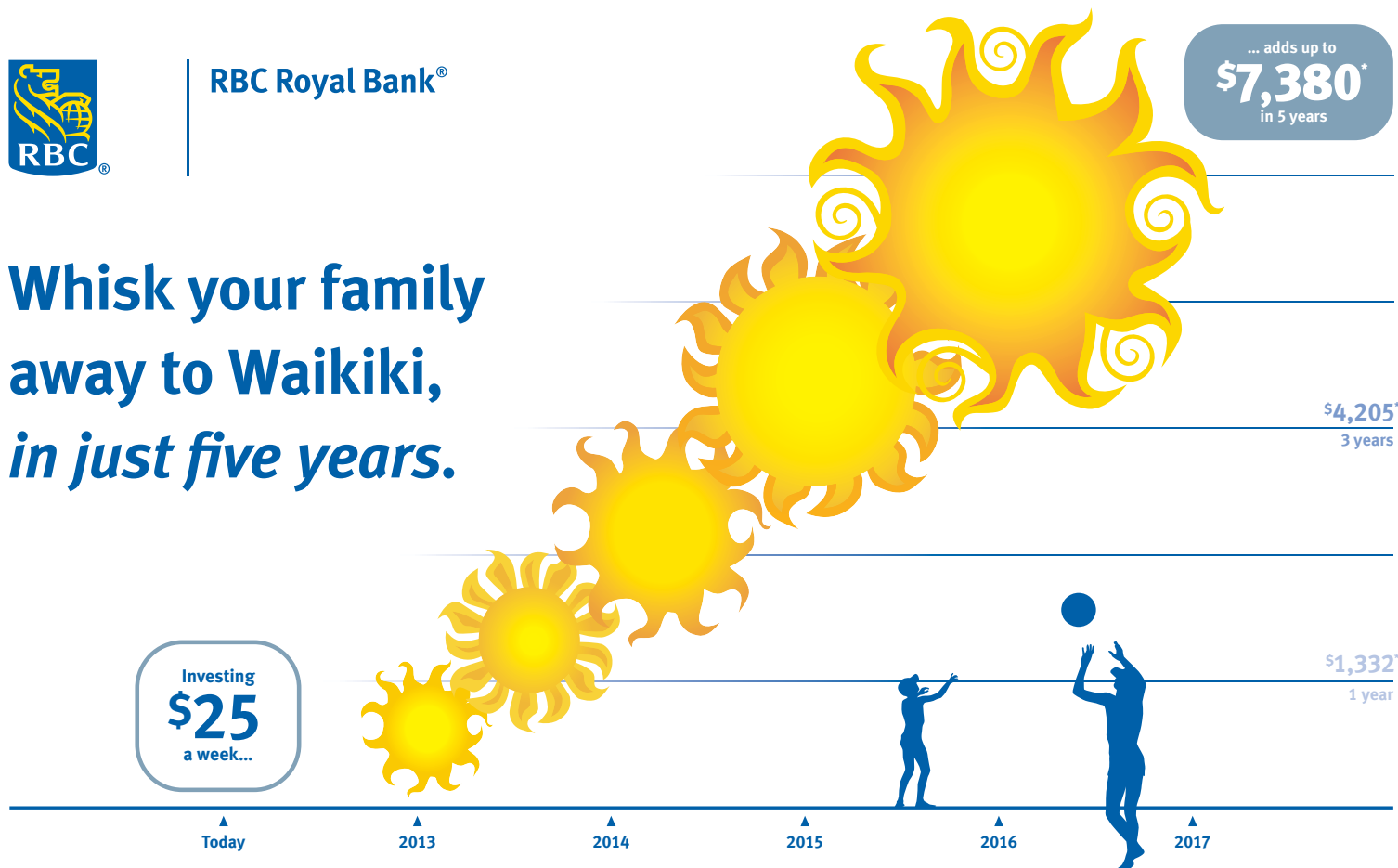
"Borrowing money to invest in a business is tax deductible," says Black Hughes. "It's a much cleaner way to invest and repay in the future."

WAVEBREAK MEDIA/THINKSTOCK



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EASY WAYS TO KEEP THE ROMANCE BURNING



WAVEBREAK MEDIA/THINKSTOCK

SURE, WE START WITH SEXUAL SIZZLE, BUT SOMETIMES IT JUST FIZZLES

Indeed, few couples can maintain the heightened rabbit-paced sex habits so rampant early on in a relationship, but some do manage to keep the romance burning.

What's the secret?

A combination of effort, awareness and novelty does the trick.

While a study published this month online in the *Journal of Sex and Marital Therapy* found that women ages 18 to 25 in monogamous relationships gradually

lose sexual interest, don't fret — you don't have to let your below-the-belt desires shrivel.

The University of Guelph researchers behind the study, Sarah Murray and Robin Milhausen, suggest the end of the "honeymoon phase" could tie into waning female desire.

Thankfully, past studies have found that sex actually improves in committed relationships, compared to one-night stands.

"Long-term, people find sex with someone they love more satisfying," says Dr. Oren Amitay, registered psychologist and instructor at Ryerson University.

There is, however, a natural drop in sexual appetite as time passes.

"Very rarely are you going to have the same passion you had when you started," says Amitay.

"The reason it goes is familiarity.

That's why novelty is so important.

Basically, we become used to something, and naturally our physiological response decreases."

Other explanations may include built-up resentments and increased responsibilities.

For couples looking to restore bedroom bliss, small steps are advisable.

"Very few people will turn down a massage," offers Amitay.

"Then move onto a full-body massage. You can slowly introduce more and more."

Meanwhile, a visit to a reputable sex shop (most are housed with educated and approachable staffers) is a fun way to inspire discussion and keep things fresh. Consider buying an erotic video, book or new adult toy.

"A lot of people don't realize you have to work at it," says Amitay.

"Almost every couple has a decrease. You can't expect partners to be as passionate 20 years later, but you can reignite the passion."

— Tanya Enberg

SIZZLE STARTERS

- Waiting for the sexual magic to happen spontaneously can prove unsuccessful. Jot lovemaking down on the calendar if you need to, but be proactive
- Book a sitter and plan regular date nights
- A stress-free reprieve is the perfect way to reconnect emotionally and physically

SHARE THE BUZZ

CANADIAN-MADE
WE-VIBE 3
REVOLUTIONARY,
RECHARGEABLE
AND BODY SAFE

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are quick to share trade secrets among their girlfriends.

It may be this more open information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created to amp up the pleasure of couples' play

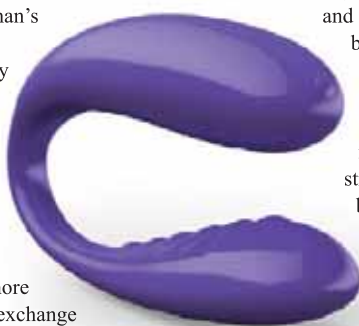
— the number one selling couples' toy among playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-spot

and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally friendly find (it's rechargeable and body safe, made with



medical-grade silicone and 100 per cent lead free), is touted as the most powerful to date with 40 per cent more rev.

Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves are the company's three super-powerful, yet highly-compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango, and the Salsa, a classic mini vibrator.

For more product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

— Tanya Enberg

Speedflirt

He winks, *she winks back*
She flirts, *He flirts back*



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We wanted to know a little about *flirting* and *love* from our
Metropolitans, this is what they had to say:

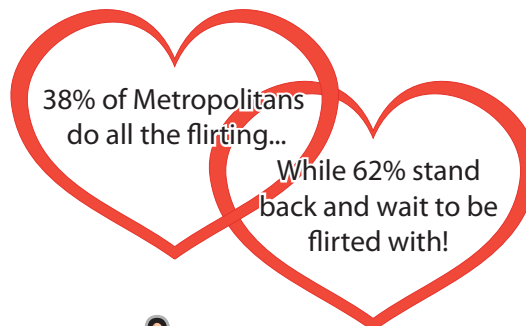
How important is it to find and/or
keep love in 2012?



Important 28%
Neither important or unimportant 17%
Unimportant 5%
Very Unimportant 4%

ONLINE **D A T I N G**

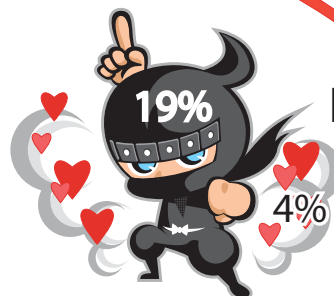
34% have tried it
29% have never tried online dating, but
would give it a shot



Where's the best place
to flirt?

At a Party **25%**

• Pub 13% • Work 11%
• Online 7% • Grocery Store 6%
• Nightclub 6% • School 5%
• Mall 3% • Gym 2%



When flirting,
how forward are you?

19% Subtle like a ninja!
4% Forward. Bull in a china shop.
35% A little bit of both

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Source: Metropolitan Panel Survey; 352 Respondents; January 2012

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4
sports

More sports



HALIFAX MOOSEHEADS
ROOKIE GOALIE ZACH FUCALÉ
HAS BEEN NAMED THE
QMJHL'S FIRST STAR OF THE
WEEK. THE 16-YEAR-OLD
ROOKIE WENT 2-1-1 IN FOUR
STARTS ON HALIFAX'S FOUR-
GAMES-IN-FIVE-DAYS ROAD
TRIP TO QUEBEC, ALLOWING
JUST SIX GOALS AND
STOPPING 137 OF 143 SHOTS.
HE WAS NAMED THE FIRST
STAR IN BOTH VICTORIES AND
THE SECOND STAR IN THE
SHOOTOUT LOSS.



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Another crack in the big leagues

RICHARD WOLOWICZ/GETTY IMAGES FILE

Andrew Bodnarchuk is getting another chance in the NHL.

The 23-year-old Hammonds Plains native was recalled from the American Hockey League by the Boston Bruins on Monday, almost two years after his first career call-up back in April 2010.

Bodnarchuk, a five-foot-11, 198-pound defenceman, has four goals and seven assists in 47 games with the Providence Bruins and is in his fourth professional season since wrapping up his QMJHL career with the Halifax Mooseheads in 2008.

"It's very exciting," Bodnarchuk told cbslocal.com.



► Andrew Bodnarchuk has been recalled by the Boston Bruins.

"It's been a long time since the last time I got up here. It wasn't the greatest year

for me last year and I put in a lot of hard work and I'm glad to be back here. But

Local pros

Halifax-area NHLers this season (x-demoted; y-injured, has not played):

- Andrew Bodnarchuk, Boston (Hammonds Plains)
- Eric Boulton, New Jersey (Middle Sackville)
- Y-Sidney Crosby, Pittsburgh (Cole Harbour)
- X-Andrew Gordon, Anaheim (Porters Lake)
- X-Andrew Joudrey, Columbus (Bedford)
- Brad Marchand, Boston (Hammonds Plains)
- Y-James Sheppard, San Jose (Lower Sackville)

I've still got a long ways to go."

The former fifth-round pick is on a one-year, two-way contract worth \$635,250 US at the NHL level and \$67,500 in the minors.

The Bruins host the New York Rangers on Tuesday at 8 p.m. and then head out

on a six-game road trip.

"He's been a pretty stable, safe, mobile defenceman, moving the puck," Bruins head coach Claude Julien told cbslocal.com. "His mobility is very good. So he was a guy that our group thought should come to us and make that road trip with us." ● **METRO**

Rainmen slump towards playoffs

RYAN TAPLIN/METRO FILE

► Playoff-bound Rainmen have lost five of past six games ► Host league-leading London on Sunday at 4 p.m.



MATTHEW WUEST
@METRONEWS.CA

The fortunes of the Halifax Rainmen have taken a sudden turn in the wrong direction.

A little more than a month since setting a franchise record with nine straight wins, the Rainmen are in the midst of their worst slump of the season with five losses in their past six games.

In the grand scheme of things, the slump doesn't mean much. They've already clinched a National Basketball League of Canada playoff spot and are third overall with a 17-11 record. But with the post-season just a few weeks away, they don't want it to continue.

"I think the team got comfortable with a lot of wins and being in a situation where we (had basically qualified for) the playoffs," said Rainmen head coach Josep (Pep) Claros, noting that a team can't change its fortunes when "you think you're so good that you're going to win without fighting, that you're going to win just because you're talented."

Claros has been preach-

NBL Canada

STANDINGS

	W	L	Pct	GB
*LONDON	24	6	.800	—
*QUEBEC	20	11	.645	4.5
*HALIFAX	17	11	.607	6.0
SAINT JOHN	14	15	.483	9.5
OSHAWA	12	19	.387	12.5
SUMMERSIDE	11	20	.355	13.5
MONCTON	7	23	.233	17.0

* CLINCHED PLAYOFF SPOT

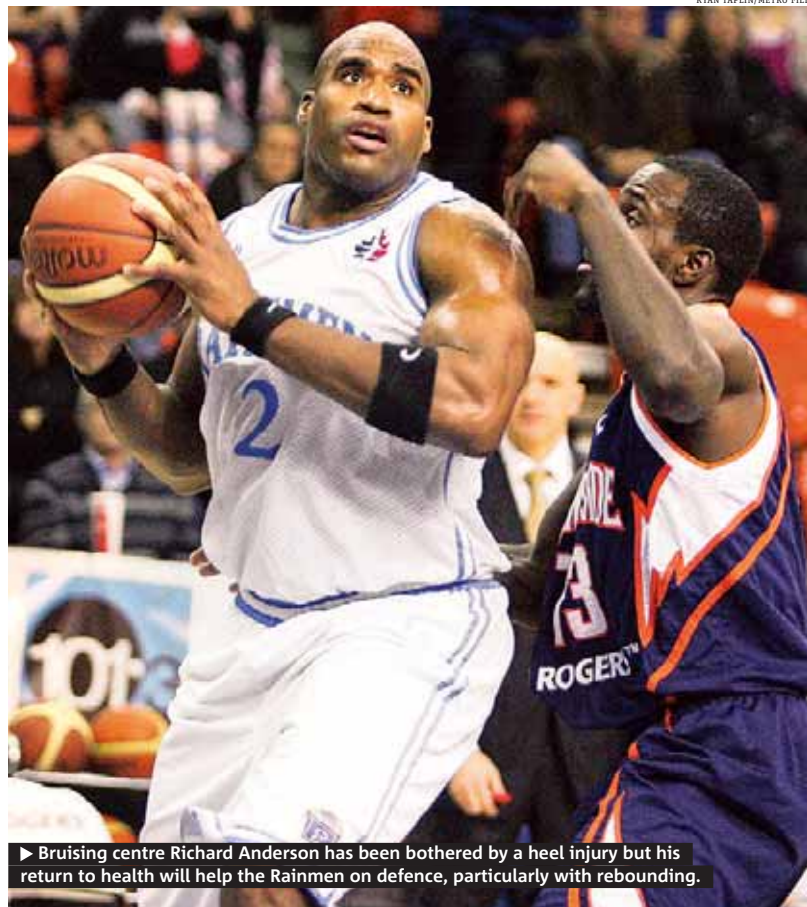
UPCOMING GAMES

- Sunday
London at Halifax, 4 p.m.
- Monday
Halifax at Saint John, 7 p.m.

ing defence since arriving in Halifax last fall, but the Rainmen — who boast the NBL Canada's No. 1 offence — are the only playoff-bound team allowing an average of more than 100 points per game.

Claros is most concerned about the Rainmen's defensive rebounding and three-point defence, both of which rank last in the seven-team circuit.

"Lately we're scoring, but we're not playing defence at all so that's my only concern right now," Claros said. "I need to make everybody understand that defence is going



► Bruising centre Richard Anderson has been bothered by a heel injury but his return to health will help the Rainmen on defence, particularly with rebounding.

to give us wins."

The cure for what ails the Rainmen will not come in the form of significant personnel changes. With the trade deadline coming up on Friday, owner and

general manager Andre Levinston has just one transaction remaining due to NBL Canada regulations. Claros said the players on the team need to put the past in the past.

"Everything you have done well, or bad, it will not count in the next game," he said. "We've got to just come back to the basics ... play hard, intense and play defence."

Spacek returns to haunt Habs



Jaroslav Spacek scored in his return to Montreal as the Kirk Muller-led Carolina Hurricanes snapped the Montreal Canadiens' four-game winning streak with a 5-3 victory on Monday.

Captain Eric Staal scored twice for the Hurricanes (21-25-11), who won for the third time in their last five games and collected at least a point for the fifth straight game (3-0-2). Jiri Tlustý and Jamie McBain had goals as well.

Tomas Plekanec, Erik Cole and David Desharnais replied for Montreal (23-25-9), which suffered its first loss to Carolina this season.

Spacek was traded to the Hurricanes back on Dec. 9 in exchange for Tomas Kaberle.

THE CANADIAN PRESS

Moss plans return to football

Randy Moss once said, "I play when I want to play."

Six months after retiring, the veteran NFL wide receiver wants to play again.

Moss announced on a webchat Monday — his 35th birthday — that he's planning a comeback.

His agent, Joel Segal, wouldn't go into his client's available options.

"Randy and I have discussed it," Segal said of Moss. "He still has his fire and he's looking forward to playing football. He's excited."

Moss posted on his Twitter page: "Now back to biz!! There's good an bad an u have to b ready for both! its in gods hand now."

THE ASSOCIATED PRESS

Penguins making do with Malkin-mania

► Centre still thriving in Crosby's absence with 17 goals in last 17 games

Perhaps only the Pittsburgh Penguins could have so creatively answered this seemingly unsolvable in-season puzzle: How do you replace the best player in hockey?

With Sidney Crosby shelved once again, the Penguins could have chosen to swing a trade, make a dramatic adjustment to their style of play or wait until next season.

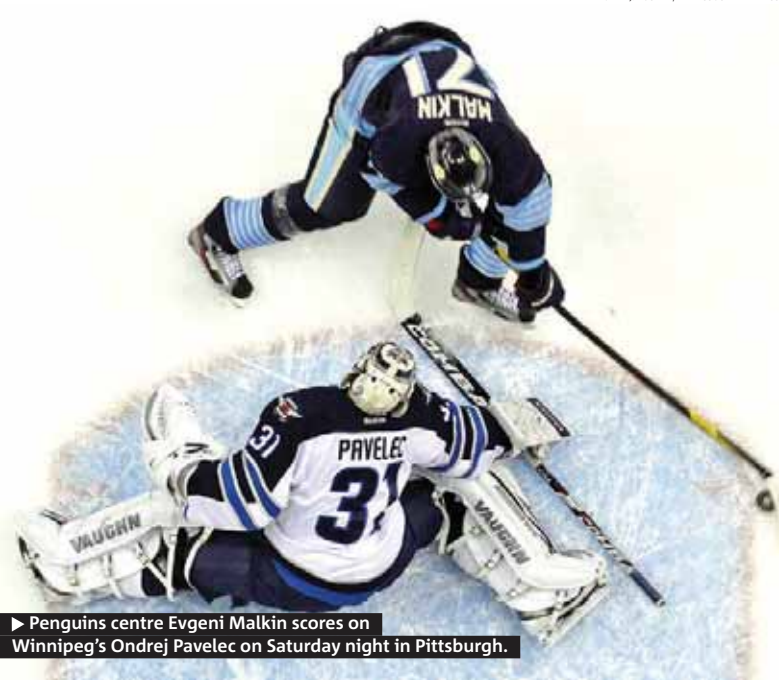
Instead, they went with a much simpler solution: Give Evgeni Malkin the puck as much as possible and get out of his way.

They've replaced the best player in hockey a year ago with what arguably is the best player in hockey today.

"He's gigantic," Tampa Bay Lightning coach Guy Boucher said after Malkin lit up his team for five goals in two games. "He's just a monster out there that can skate, sees everything. He can put the puck inside out, inside of your pants and out. He just has it all."

In Pittsburgh, a city that has been flush with premium talent for nearly 30 years (Mario Lemieux, Ron Francis, Mark Recchi, Jaromir Jagr, Crosby and Malkin), they're calling it Malkin-mania. It's the maturation of what already was a star into a polished superstar who's still only 25.

"Of course, I feel great,"



► Penguins centre Evgeni Malkin scores on Winnipeg's Ondrej Pavelec on Saturday night in Pittsburgh.

3 Since Sidney Crosby went out with concussion-like symptoms on Dec. 5, Malkin has had three five-point games.

Malkin said.

That Malkin is scoring at a furious pace isn't a total surprise. He was good enough in 2009 to not only win the Art Ross Trophy,

but to earn the Conn Smythe Award for the Stanley Cup champions.

But Malkin wasn't so visible the last two seasons; he had a career-low 15 goals in 43 games before a serious knee injury ended his 2010-11 season in early February.

He worked harder than ever in the summer to get better, and now, after scoring three goals with four assists in a pair of weekend games against Winnipeg and Tampa Bay, Malkin leads the NHL with 69

points (32 goals, 37 assists) in 49 games, and is a plus-11.

Call it the Crosby Influence; Malkin's game now encompasses elements that were displayed previously only by Pittsburgh's other star in residence.

"He goes in tougher areas," said teammate Kris Letang. "You see his goals, he's always driving in the tough areas on the ice. He's battling on the walls. He's playing a great game."

THE CANADIAN PRESS



Raptors will try to stop 'Lin-sanity'

Dwane Casey is a huge Jeremy Lin fan, but the Raptors coach isn't being swept up in the "Lin-sanity."

The NBA's biggest story is in Toronto on Tuesday as the New York Knicks visit, but the coach who worked with Lin back when he was a non-descript point guard cautions against letting the game become a "sideshow."

"We're here for business," Casey said. "He's a wonderful young man, I'm happy for him, but I'm not going to be happy for him (Tuesday) night. I want to kick his butt."

Lin is the first American-born NBA player of Asian heritage and a Harvard graduate who went undrafted. He was trying to land a job with the Mavericks in the summer of 2010 when Casey was a coach with Dallas.

The 23-year-old was named Eastern Conference player of the week Monday after his first week as a starter: Lin averaged 27.3 points and 8.3 assists while leading New York to a 4-0 record. His 109 points are the most by an NBA player in his first four starts since the 1976-77 season.

THE CANADIAN PRESS

Jays, Janssen avoid arbitration

CHARLES SONNENBLICK/GETTY IMAGES FILE



► Casey Janssen

The Toronto Blue Jays avoided arbitration with reliever Casey Janssen on Monday by signing the veteran right-hander to a \$5.9-million US, two-year contract.

The deal includes a \$4-million club option for the 2014 season.

Janssen was 6-0 with two saves last season and posted a 2.26 earned-run average over 55 appearances.

The Orange, Calif., native earned \$1.095 million

in 2011. Janssen was seeking \$2.2 million in arbitration while Toronto had offered \$1.8 million.

Janssen has spent all five

of his MLB seasons with the Jays. He has a 21-19 career record with nine saves and a 3.81 ERA in 221 appearances. THE CANADIAN PRESS

Sports in brief

Ortiz strikes deal with Sox

MLB. David Ortiz and the Boston Red Sox avoided salary arbitration by agreeing Monday to a one-year contract worth \$14.5 million US.

The deal was midway between the \$16.5 million he asked for last month and the \$12.65 million submitted by Boston,

which matched his 2011 salary. THE ASSOCIATED PRESS

Flyers' Rinaldo gets 2-game ban

NHL. Philadelphia forward Zac Rinaldo was suspended by the NHL for two games on Monday for charging Detroit Red Wings defenceman Jonathan Ericsson.

Rinaldo jumped into a body check that sent Ericsson to the ice in Detroit's 4-3 win over the Flyers on Sunday. THE CANADIAN PRESS

SEND SOME LOVE

Valentine's Greetings

Dear Bobby Allen Craig,
I could never forget you, not today, not ever
for you have entered my heart, where you'll
remain forever.



Love
Kayleigh
Rhiannon Fleet
Feb 14, 2012

Dear Flip Wilson,
My upside down heart
belongs to you!
Girl with the Panda Tattoo

Happy
Valentine's
Day
Courtney!

Love,
Chris

HAPPY VALENTINE'S DAY!!!

ZOE

FROM GRANDDAD MIKE

HAPPY VALENTINE'S DAY
To Summer, Cameron & Saxon
Who do I love more than you?
NOBODY! Love Aunt Shawne



Valentine's Greetings

KOLIN,
Thanks for bringing me the Metro paper
daily. I am very proud of you.
Happy Valentine's Day Love Mom

MOM is such a special word, The loveliest
I've ever heard, A toast to you, Above all
the rest. Mom your so special, you are
simply the best.
Happy Valentine's
Day Mom
Love Tanya, Aiden
Kayleigh, and Chris



My Dearest John MacEachern,
As we grow older together, As we continue
to change with age, There is one thing that
will never change, I will
always keep falling in
love with you.
Love Always and Forever
Tanya



Rob/Boris - My one my only,
Happy V Day - you 'll never be lonely;
Because, I love you, through good and bad,
Your my squeeze, your so rad!
Love, Your Wendy/Natasha!

RW: 10 Days and Counting to LV!
Can't wait.
Happy Valentine's Day!

Sue, I just want to say how much
I love you, which is a
WHOLE LOT!!!!
You are my
Valentine!!!
Happy Valentine's
Day Babe,
Love Randall



SUGARBEAR,
After all these years
you are still the one!
Love Honey Bunny

To A Special Grandmother,
We hope this warms your heart with happy
memories. May this Valentine's Day bring
you all the joy and
happiness that you
deserve.



With Lots of love,
Aiden and Kaleigh

To Wayne
Happy Valentine's Day
Love You Lots!
Love, Sharon

Valentine's Greetings

TO MIKE,
I was enchanted to meet you!!
Love Kirstin

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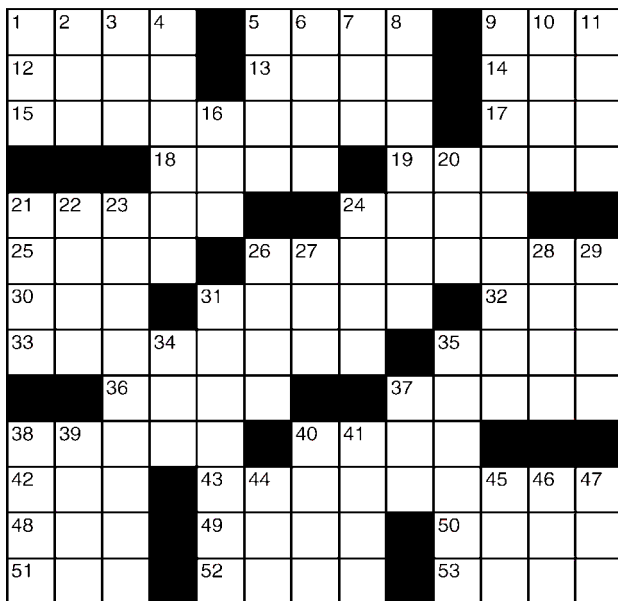
Crossword

Across

1 Mexican peninsula
5 Mussolini's title
9 Scoundrel
12 Culture medium
13 Composer Khachaturian
14 Past
15 Tea party guest
17 Regret
18 Corridor
19 Indy 500 entrant
21 Sorts
24 Conk on the noggin
25 Frost
26 Guaranteed to work
30 Bobby of hockey fame
31 Technophiles' magazine
32 Blue
33 Comfy chair
35 Existed
36 Female red deer
37 Pyromania's crime
38 Packing heat
40 Sagacious
42 Spelling contest
43 Some "USA Today" illustrations
48 Crib
49 Sheltered
50 Grand
51 Pismire
52 Pentagon VIPs
53 Barrel part

Down

1 Emeril's interjection
2 — Khan
3 It holds the mayo
4 William Tell, no-



ably
5 Willy Wonka's creator
6 Caspian feeder
7 Automobile
8 May birthstone
9 Movie action scenes, often
10 Chills and fever
11 Active one
16 Owns
20 Donkey
21 Explorer Heyerdahl
22 Bygone times
23 Old paper
24 Coffin stand

26 Locate
27 100 square meters
28 Gambling game
29 Paradise
31 Talkative one
34 Falsehood
35 Christmas door decoration
37 Blond shade
38 "Waterloo" quartet
39 Check
40 Small songbird
41 Chills
44 Hearty quaff
45 Pi follower
46 Overly

47 Dine

Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

4	1	8	6	2	3	5	9	7
6	5	2	1	7	9	4	3	8
9	7	3	8	4	5	1	2	6
3	4	6	9	1	2	7	8	5
2	8	5	7	6	4	3	1	9
7	9	1	5	3	8	2	6	4
8	2	9	3	5	7	6	4	1
5	6	4	2	8	1	9	7	3
1	3	7	4	9	6	8	5	2

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Meaghan

You make me happy everyday, I am lucky to have you in my life. I love you more everyday and want to spend rest of my life with you
xoxoxoxoxo
AJ

Furnace Man

You make me laugh. You melt my heart. I've got the hots for you. Now get over here and kiss me.

ICE QUEEN

R-my first love

Hi, Just wanted to say I love you and always will. Even if things didn't work out as planned, you will always be my first love and no one will be able to replace that! I will think of you every day and hope that you will not forget what we shared together...I will love you always and I truly wish you the best...thanks for 6 great years of my life xoxo
s

Today

0°/-1°
Variable

Wednesday

5°/-3°
Flurries
40%

Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

♈ Aries March 21-April 20

It's not that you've lost your edge, it's just that you can't be bothered to argue about trivialities.

♉ Taurus April 21-May 21

Try not to identify too strongly with one particular point of view today.

♊ Gemini May 22-June 21

Someone who has not put nearly as much time and effort into a project will get most of the praise today and, of course, you won't be happy about it.

♋ Cancer June 22-July 22 You may be the centre of attention but don't let it turn your head.

♌ Leo July 23-Aug. 23

You have done so many favours for so many people that you have probably lost track of them all, but they have not forgotten and over the next few days others will find ways to repay you.

♍ Virgo Aug. 24-Sept. 22

Be careful others don't take advantage of your laidback attitude today. You'll care if it costs you money.

♎ Libra Sept. 23-Oct. 23

Something is confusing you and the more you try to make sense of it the less you understand.

♏ Scorpio Oct. 24-Nov. 22

If you don't know the answer to something then ask someone who

For today's crossword answers and for expanded horoscopes, go to metronews.ca does.

♐ Sagittarius Nov. 23-Dec. 21

Take your time today and try to avoid situations where you don't have full control over what is going on around you.

♑ Capricorn Dec. 22-Jan. 20

The more you reach out the more love you'll let in.

♒ Aquarius Jan. 21-Feb. 18

Focus on your long-term goals and don't allow yourself to be distracted by passing fancies.

♓ Pisces Feb. 19-March 20 Even if you are the kind of Pisces who tends to hold grudges you will be very forgiving today.

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Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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